



Protect Yourself and Your Family from the Flu

Preventing the flu and other respiratory illnesses is simple.

Here are four easy things each of us can do to prevent the flu:

- Cover your cough and sneeze with a tissue,
- Wash your hands often with soap and warm water,
- Stay at home and away from others if you are sick, and
- Get a flu shot, even in January or later, if you are in a high-priority group.

It's never too late to protect yourself and your family from the flu!

For more information about flu prevention and a list of high-priority groups, visit

www.doh.wa.gov and click "**Flu News**".





There is Still Time to Get a Flu Shot

Flu vaccine is available and there is still time for people in high-priority groups to get a flu vaccine.

- In Washington, flu season typically peaks in February or March.
- Flu shots are still effective in January or later.

For a list of high-priority groups and more information about flu, visit: www.doh.wa.gov and click “**Flu News**”.

